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NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

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FEBRUARY, 1984

Winter Lights Glow In Newark

NCC Maintenance Brings Sparkle To Area

Spirits lift a bit these days as dusk brings new sparkle to South Orange Avenue around the New Community buildings.

Miniature "winter lights" weave their delicate designs through trees on New Community lawns from NCC Gardens, past Babyland III, around the corner by NCC Commons Seniors all the way to Jones Street, bringing an unprecedented panorama of beauty to the whole area.

The cheerful decorations have been a part of the neighborhood scene since December, and will continue to lend their beauty to the surroundings through February. This will bring some bright relief to the cold winter months for passersby.

Preparations for the display were

made by the central maintenance department of New Community who dug trenches and ran conduit to outdoor boxes and outlets installed along the area's perimeter. The outlets will subsequently provide electricity for tools, signs or outdoor activities held in the area.

The Bobcat loader pictured in last month's Clarion was used extensively for this work.

Also on the maintenance agenda, snow removal presented a formidable task for the department recently, but two crews have now been formed for the job. The central maintenance department, using the Bobcat and a new 2 yard capacity dump truck, will begin plowing all the parking lots, while Bob West and his crew will run

a Snapper with a snowblower and a pickup truck with a plow on it.

The Bobcat is especially helpful because it can turn in its own radius and clear out an area between cars for instance around Babyland III where space is limited, and can also be used on the sidewalks there.

It has been decided to start the removal process three hours after snow begins to fall in order to keep up with the large area which must be covered. A salt spreader is to be used following the plowing.

In addition to the larger equipment, each superintendent has a self-propelled snow blower for sidewalks, and shovels are used for the smaller areas. With a few more snowfalls our maintenance department will have

the expertise of veteran snow removers.

As the area has grown in size, so also have the plans developed to maintain services to our residents under varying circumstances.

The increased maintenance services have necessitated the purchase of two new vans, one for the NCC electrician and one for general purposes, allowing one of the older vans to be used exclusively for washer/dryer repair which is also taken care of by our own people.

With all the responsibilities it now has, the central maintenance department of NCC is presently 22 people strong.

Union Head Searches For Health Care Solution

Marciante Concerned About High Rates



CHARLES MARCIANTE
President N.J. AFL-CIO

About one-half of the population of New Jersey is associated somehow with the AFL-CIO, and benefits from its lobbying efforts on their behalf.

The responsibility to properly serve this huge constituency is keenly felt by the current president of the New Jersey AFL-CIO, Charles Marciante.

In a recent interview he talked to us about his deep concern for affordable health care for all working people, but especially his membership.

Since 1970, when costs obviously began escalating for medical care, he

and his group have been studying alternative health plans with one thing in mind — to deliver the most highly professional type of medical care that anyone can receive: affordable to working people, but with equal benefits to the doctors, hospitals, pharmacies and other providers.

If that seems like a Utopian task — it is; but the machinery for its accomplishment has already begun to turn.

"What we're trying to do is develop a whole new health care delivery system," he said earnestly. It is an ambitious proposal, according to the union head, and "many are skeptical that we will get anywhere with it."

To understand the urgency of this concern one need only look at the increasing cost of one's own medical coverage and care over the last ten years. In addition, with the increased life span of the senior population, there are now a greater number of people than ever on fixed incomes. Savings are harder and harder to come by.

According to Marciante increases in health care costs are escalating far beyond what the union is able to negotiate in contracts with employers. As union members try to get enough money to maintain their families and still have some money to spend, health costs are cutting into

(Continued on Page 2)



INTERIOR BEAUTY REMAINS. Second floor is near completion as workmen continue renovations at St. Joseph's Plaza. When completed it will be divided into medical offices. (See other pictures and story Page 4)

MARCIANTE SEEKS AFFORDABLE

(Continued from Page 1)

this, leaving one of two choices available — either take a reduction in coverage, or take a pay cut (and that's what's happening.)

"Survival is getting very difficult," said Marciante.

His union's answer to this problem is Health Maintenance Organizations (HMO's).

HMO's are not new on the scene but those proposed by the union would be different in that the Union would have a big part in negotiating rates with the purveyors of the health care.

The HMO as envisioned by Mr. Marciante is an overall kind of facility, erected by private enterprise, after consultation with and negotiations with, doctors, dentists, hospitals, pharmacies and other health care purveyors.

Emphasis of the Health Maintenance Organization would be preventive health care. Costs would be lowered by catching a problem at an early stage, before it gets out of hand, thereby reducing both treatment costs and hospital stay.

Sophisticated equipment would be available at these centers. The use of Medicare funds and union funds would provide the monies necessary to purchase the best equipment there is, he feels.

Specialized medical problems, operations for instance, would still be handled by the hospital best suited to treat them.

Prototypes for this type of plan are already being used successfully in California.

A conference was held recently in Atlantic City to begin to address the problems that exist in developing this

new health care delivery system, and to try to find solutions.

In attendance were not only union members, but along with them many of their employers who negotiate con-



"many are skeptical"

tracts for their health care, as well as doctors and other health care providers. The group numbered about five hundred.

By approaching the problems involved through the doctors and hospitals, insurance companies and the like, the union hopes to forestall and kind of pressure while they truly determine what each problem is and how to deal with it.

He discussed some of the problems, explaining that the way he deals with them is to solve them one at a time as they come up, until they are exhausted. "And you have to be determined to do that," he emphasized. "But we are determined, because the ultimate result if we don't do it is that health care costs will become so unaffordable that we won't be able to take care of them. The end result is that if we become ill, whatever we have amassed as a protection against our future is going to be taken away."

Solving this dilemma seems like a Herculean task.

Already there are rules and regulations being put in place according to the union chief which are making it more difficult for HMO's to be established. His union will have to go into areas like the Department of Health, where they have set up regulations that make it almost prohibitive for someone to erect a health care facility. One of the first steps that must be taken is to get these rules and regulations either amended or thrown out in their entirety.

Presently, construction costs, under the certificates of need established by HMO, are exceptionally high, he explained, and added "it would take a rare kind of financial backer to meet all the costs of putting up the facility." With cutbacks in Federal funds there is no person there who can say "go build it." It follows that when standards are established to make a HMO facility prohibitively costly to do, it's not going to get done. The people will continue to suffer therefore with a continuation of the old system, according to Marciante.

Once able to put up a facility, the next step would be to negotiate with

groups of doctors to handle the people that would be sent to that facility. "The whole system would have to be done on a capitation basis," he went on. "By that is meant you guarantee a doctor or a group of doctors that you, through your membership, would be

"What we're trying to do is develop a whole new health care delivery system."

able to send to that facility a certain number of people living in that general geographical area" for a set fee per month. That is, the doctors would receive an income for each person under their care each month regardless of whether he/she treats them or not. With the preventive emphasis if they kept their patients well it would lighten a case load without lessening income, which would be an incentive to doing the best possible job.

Rates would be negotiated with the purveyors of the health care facility by the person sending the patients, such as the union or Blue Cross etc., and this would be a very important factor. Employers would continue to pay the provider (Union, Blue Cross etc.) but the provider would be working on your behalf to negotiate affordable care, not just acting as a collection agency.

Contracts would be drawn between the people who are going to supply the patients, in this instance the unions, and the unions working with community groups, Medicare system and Medicaid systems. "You have to do it on that type of basis — it must be in volume," he stressed.

Care at a HMO would include prescription services as well as op-

Gardening School

Rutgers Newark Campus

Rutgers Urban Gardening Program is offering gardeners an opportunity to attend classes beginning February 9th, from 1 to 3 P.M. at Smith Hall, Room B-16, 101 Warren St., Newark. You may call 648-5958 for any information. The registration fee is \$2.00. **February 6th** is the last deadline for payment of the registration fee. Classes will be held on February 9, 16, 23, March 1, 8, 15 and 17.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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GOING STRONG AT 100. Rev. Allen W. Hamilton of NC Commons Senior building celebrates his 100th birthday at a family party in Montclair. The party was on New Year's day, but his birthday anniversary was on New Year's eve. With him in the photo are (left to right) Terra Gandy of the Bronx, his great-granddaughter, Allen M. Hamilton of East Orange, his son, and kissing him, Janet Byard of Trenton, his granddaughter.

NCC Network One of New Jersey's Largest Employers

The NCC network (New Community, Babyland and St. Rose) now employs 285 individuals. According to statistics published in the September 9, 1983 issue of **New Jersey Economic Indicators**, the NCC network is now one of the largest employers in the State of New Jersey.

Less than 1% of the 144,723 private sector business establishments now covered by New Jersey's unemployment insurance system employ 250 or more people. As a matter of fact, 97% of New Jersey's business establishments employ less than 100 people.

In other words, the NCC network is now larger (in terms of employees) than 99% of all private sector business establishments in New Jersey.

St. Joseph Plaza, the Extended Care Facility and the Neighborhood Shopping Center will more than double our present number of employees. The NCC network will continue to play a prominent role in our local and state economy.

HEALTH CARE

tical and dental care and others as needed.

There would be advantages to the doctor other than a regular income. For instance, working with a group would give the doctor a greater chance of time to himself. It would also give him/her an opportunity to be sent to study new methods of health care delivery or some fresh process in dealing with some troublesome disease using updated methods. The group would handle the case load of the person studying, and when that doctor returned would have the advantage of learning the new process from him/her. Taking off for an extended period of time would be difficult to arrange as an individual practitioner. This way the facility as a whole benefits — doctors and patients.

A third and very large problem facing the proponents of the HMO plan is the psychological resistance to change. Especially when it comes to

"Pride is something that's in everyone — it doesn't know color."

our doctor. People are comfortable with their own doctor, many times, and might be reluctant to go into an unknown "clinical" setting. But don't many of us necessarily do that anyway when a problem arises and a strange specialist must be seen?

It will be hard, he feels, to say you're going to have to sacrifice that feeling of comfort for the most highly professional type of medical care that anyone can receive.

Perhaps one of the other important considerations in this plan must be the selection of doctors who care

enough about people to try new ideas and work with them to benefit the many people who desperately need affordable health care.

Mr. Marciante does not back away from a fight. "When it comes to opposing different pieces of legislation that we feel are detrimental to the general public," he stated, "we do so."

For instance when banks were trying to push up interest rates on housing to where it became impossible for a number of years to purchase homes, his union opposed the banks. They lost the fight and banks simply stopped lending money.

Sometimes there are frustrations when the efforts they put forth, such as playing a role in establishing limits for credit rates, are subsequently thwarted in Washington.

At other times satisfaction comes, such as it did in 1980, when formulas directly negotiated by AFL-CIO with insurance companies resulted in compensation payment rates eight times higher than in previous years. Both union and non-union members benefited from these negotiations.

Discussions have also just been concluded with the Commissioner of Labor on unemployment compensation legislation, effecting much higher benefits for the unemployed worker, to try to keep up with these economic times.

We talked a little about how Mr. Marciante came to be where he is, and I found he was raised on unions and dedication to their work. His father was president of the State Federation of Labor from 1933 to 1961 when he died. Vincent J. Murphy who was Mayor of Newark back in the late 30's and early 40's became president after the senior Marciante's

death. Looking around for someone to fill the secretary — treasurer's vacancy he decided to ask young Marciante. He had a name that was known and respected.

After discussing the offer with his wife, Charlie decided he was as qualified as anyone and accepted.

He had graduated from Rutgers in 1952 and spent 5 years as a journeyman electrician.

But his apprenticeship to the problems of working people had begun



"Survival is getting very difficult."

long before — when as a little boy he rode all over the state with his father as he visited the workers. At one of the first meetings young Marciante attended, he remembers listening to a man named Joe McCoomb explain

to people about "this whole new system that's going to take away the worry, called Social Security."

They'd get home sometimes around 1 A.M. His father would drop him into bed — and his mother would have a fit. Then he'd get up in the morning and go to school.

Marciante also remembers "troops of people coming through the house." Many never had jobs, or were looking for jobs, and knew his father. They would stop in, and the family would put them up.

His concern for working people is from firsthand experience with their problems and even today he is reminded of their plight daily as he passes the unemployment office nearby. "They talk about 'recovery,'" he muses, "but people are not at that office because they just want to collect unemployment." He feels most people really want to work; they are proud of earning a living for themselves and for their families. And if it is possible, Charlie Marciante will help them do just that.

"Pride is something that's in everyone, it doesn't know color."

Like all healthy people who lead stress-filled lives, Charles Marciante gets away from it all sometimes, and takes off with rod and reel to face a challenge of another kind — between man and the fish at the end of a nylon line. He finds the pull and sway of a big fish on the line very exciting, and great relaxation.

But his thoughts return always to the people he serves, and another kind of pull brings him back to the toiling people who depend on him — men, women, children — and whose lives are forever woven into the fabric of his own.

Keeping Pace

Douglass-Harrison Apartments: A New Challenge

New Community Director of Development Matthew A. Reilly continues series on development activities and related concerns.



**Matthew
A. Reilly**

The NCC record evidences consistent growth in the scope of our concerns. Local economic development, job creation, health services and a vast array of social services have all become major components of the NCC mission. The future promises an ever-widening circle of endeavors which is likely to include such things as light manufacturing. Nevertheless, housing has always been NCC's primary interest. The original NCC Certificate of Incorporation (signed by the founding trustees on February 9, 1968) stated that "the purpose for

which this corporation is formed and the business and objectives to be carried on and prompted are (first) to provide low and moderate (income) housing..." The goal of providing good, safe, attractive, affordable housing remains uppermost in our minds. The means to achieving that goal will vary as we adapt to changing conditions and opportunities.

There has never been and there will never be a single, simple answer to the diverse housing needs of Newark residents. The varied quality of the existing housing stock, the wide assortment of residential neighborhoods and the range of the family size, composition and income require a multi-faceted approach.

We have thus far concentrated our efforts on state-financed, federally-subsidized, large-scale rental developments. We have done both new construction and substantial rehabilitation (Roseville and Douglas Homes). Our design schemes encompass a broad range of low, mid and high-rise structures. We are also turning our attention to the development of condominium townhouses and single-family detached units.

The Douglass-Harrison apartments (DH) which we acquired six (6)

months ago present a new situation and a new challenge. DH is not now either state-financed or federally-subsidized. It is quite obviously not a new building. At the same time, it is not in need of the massive rehabilitation work which was required for the Roseville and Douglas Homes. But the last fifty (50) years have understandably taken their toll. DH is in need of a moderate amount of renovation work. These buildings are rich in history and an integral part of the saga of both the Central Ward and the City as a whole. DH must continue to play a major role in meeting a portion of the housing needs of the Central Ward.

For the last six (6) months the NCC Board of Trustees and staff have been working on a plan of action for DH. We have taken our experience of the last fifteen (15) years and fashioned a course of action which we believe will address all of the issues which DH presents. First, we have had in-depth discussions with representatives of the New Jersey Housing Finance Agency (HFA) concerning the scope of the cost of the physical renovations which must be done. In this connection we also hired an engineering firm to conduct a detail-

ed energy analysis of the building. Second, we are discussing the financial needs of the development with representatives of the private capital sector. We must erect a financial structure which will simultaneously (1) support the costs of the renovation work, (2) stabilize and subsidize the annual operating budget and (3) maintain rents at affordable levels. There is no easy or quick solution here. Lastly, we are continuing to implement the full-range of management, maintenance, security and social services which have come to serve our other developments so well.

There is no reason why DH cannot provide good housing in the Central Ward for another fifty (50) years. DH is yet another challenge which NCC has undertaken in pursuit of our housing goals. We have every confidence that we will succeed.

**"If you had your life to live over again — you'd need more money."
—Construction Digest**

St. Joseph Plaza Makes Great Strides

A recent visit to St. Joseph Plaza found the building alive with activity as workmen from six different trades flowed easily in and out with the ingredients which are transforming the marvelous old structure into an intriguingly beautiful one with a new purpose in life.

The metamorphosis is most striking from the second level, which reminds one of a majestic old medieval castle with thick carved arches, now able to be enjoyed at arms length rather than from sixteen feet below. They add a special ingredient to the character of the potential office space, reminding one of the continuity of purpose of the edifice, from spiritual healing to physical healing.

The space provided on this level is startling, from the seven foot doorways within the arches to the depths of at least fifteen feet and more, coupled with ceilings vaulting from a low of twelve to fifteen feet.

Going down to the main level, one notices that the stained glass windows have been framed out canopy fashion, to insure that no part of each beautiful work of art is lost to view.

The capitals, or columns, in the atrium have been left exposed and the foliat on top complete with rosettes remains visible. The foliat will also lend its beauty within the offices.

All this has been planned by New Community and the architect, Roz Li, to preserve the integrity of the historical building.

The ground floor was in the process of being sectioned off by carpenters, while stone masons sat atop the wall destined to encase the glass front elevator. The walk way along the second floor was already in place. Electricians ran their wires among the metalwork and across ceilings as sheet metal workers attended to their jobs. And at ground floor level, plumbers were finishing the preparations necessary there. All told there were 3 carpenters, 2 masons, 3 electricians, 3 HVAC people, 2 sheet metal workers, 2 plumbers and 4 laborers busily at work, each smoothly and efficiently performing their amazing expertise to ready the lovely renewed St. Joseph Plaza for its presentation to the public by late spring.

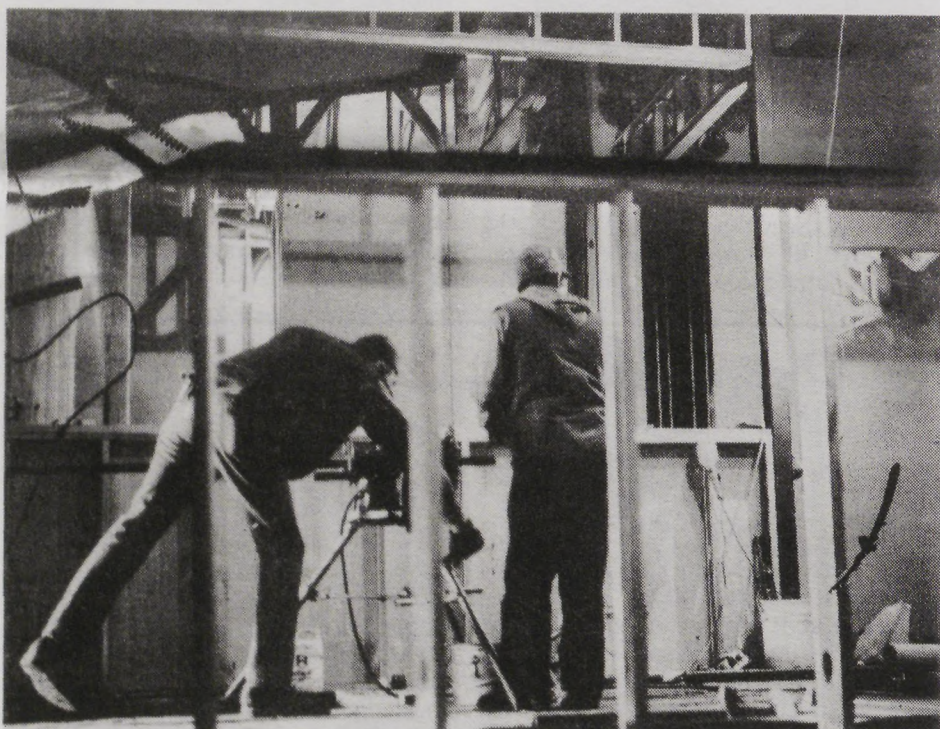
Once the offices are occupied, the restaurant planned for the main floor will also begin operation.

It is quite a sight to see in process, and the finished plaza will surely be a focal point for the community.

Space rental is being handled by New Community Corporation (399-3400) through Matt Reilly or Charman Harvey.



View from main floor of St. Joseph Plaza gives indication of spaciousness of future medical building. Second floor walk way can be seen as well as framed out doors in arches. Photo at left shows two of the many workers in a framed out sectioned of main floor.



Newark Library Introduces Videocassette Service

Videocassettes, featuring a wide variety of titles, are now available at the Newark Public Library with new titles added each month.

This new **FREE** service is offered to valid Newark Library cardholders on a first come, first serve basis. Patrons will be allowed to borrow two titles for a 48 hour period. Videocassettes can be reserved for any day during the current month or from the coming month's list.

The Newark Public Library receives these Videocassettes from the North Jersey Video Circuit, a cooperative buying group of thirty-one libraries in Essex, Bergen and Passaic counties. Newark expects to have approximately 20 new titles each month.

The February list will include:
AMERICAN GRAFFITI

DUMBO
ENTER THE DRAGON
EXCALIBUR
FOOTBALL FOLLIES
LORD OF THE RINGS
McCABE AND MRS. MILLER
MY DINNER WITH ANDRE
ON GOLDEN POND
SMOKEY AND THE BANDIT
STARDUST MEMORIES
THE STING
TRON
THE WIZ

In the coming months, the Library will be expanding the collection to about 30 titles. This service has proved very popular in many libraries statewide and we invite our patrons to visit us and take advantage of it.

The videocassettes are housed in the Popular Reading Room, 2nd floor. For information call (201) 733-7800.

Notre Dame Students View Urban Concerns

NCC/Babyland/St. Rose Share Insights

Visiting New Community/Babyland/St. Rose from January 9-11th were John Crilly of Mountain-side, N.J., and Thomas White of Chatham, N.J., both from Notre Dame College.

The students were taking advantage of an opportunity to obtain some insight into life in blighted urban areas, including the Church's presence there, offered by the Center for Social Concerns at the College through a program called Urban Plunge.

This year 330 students participated nationwide, visiting cities such as San Juan, PR, Newark, or Seattle.

For two days the students went into these urban areas across the nation for brief encounters with persons and organizations working for social justice in the United States.

Their agenda began on Monday with a visit to Mary Smith who discussed Babyland, and proceeded to the N.C. Health Care Center whose theory and operation were explained to them by Sr. Anastasia of NCC social service department. Charlie Newbury, NCC construction manager and Matt Reilly, NCC director of development, then showed the men the potential of existing urban structures using St. Joseph Plaza as a working example.

Management operations in an urban business such as New Community were touched on by Skip Lee, direc-

tor of asset management at NCC's main office.

John and Tom also had an opportunity to visit Babyland I located on the main floor of the building.

After a visit to Babyland III the students learned about the work done by New Community's social services department under the direction of Gerry Gannon.

Representing the third component of the urban team, Art Wilson, principal of St. Rose of Lima School, Newark, gave the two a feel for urban education in a private setting.

While energies were still high, the Urban Plungers then toured first NCC, followed by a general tour of Newark to fill out their understanding.

Last on the schedule for the day was the Family Violence Shelter where they could simultaneously view one of the deepest problems of not only the city but society as a whole, and one group's progress toward its solution.

Tuesday brought them again to the St. Rose School.

It is hoped that involvement in the program will bring a more complete awareness of the continuum of life in these United States while at the same time deepening the participants' social concerns both in study and in action.

Babyland/St. Rose/NCC welcome the opportunity to help.

Officers of Senior Advisory Board Installed



ADVISORY BOARD OFFICERS. Rev. William Linder (center) installed the officers of the NCC Advisory Board for Seniors, Disabled and Handicapped. They are; (left to right) Secretary Phyllis Burton of NCC Associates; Vice-president Mrs. Marian Simpson of NCC Commons; Father Linder; Treasurer Mrs. Bertha Whatley, NCC Associates; and Chaplain Turner James of NCC Gardens. Mrs. Alma Hanks of NCC Douglas who was elected President, absent from the photograph because of an emergency, is shown in insert.

On Tuesday, January 10th, the newly elected officers of the NCC Advisory Board of Senior Citizens, Disabled and Handicapped were installed in their offices in a ceremony presided over by Rev. William Linder, Pastor of St. Rose of Lima Church.

The new officers included Mrs. Marian Simpson, Vice President, Mrs. Phyllis Burton, Secretary; Mrs. Bertha Whatley, Treasurer, and Mr. Turner James, Chaplain. Mrs. Alma Hanks, the new President was in-

stalled in a separate ceremony since she was unable to attend the installation due to a medical emergency.

In addressing the gathering Father Linder congratulated the newly elected officers and thanked them for the contribution of their time and talents on behalf of the people of New Community.

Light refreshments were provided by the tenants of NC Commons, the host building for the installation.

Keeping Fit

Gymnastics

On Tuesday, January 10, 1984 Gymnastics took place at Newton Street School gym. We had 140 children who eagerly showed up. They were all taught the basic forward and backward rolls; then we moved on to tumbling. Everyone really enjoyed themselves.

The classes will continue to take place every Tuesday for a 10-week period. All classes will be at Newton Street School gym located at 150 Newton Street. The hours are 5:30 p.m. until 6:30 p.m. For more information contact Sheila Washington at 623-6114.

Slimnastics

On Thursday, January 5, 1984 Slimnastics registration took place in the Gardens Family Pavillion from 6:00 p.m. until 7:00 p.m. Not many people came to our first class, but a larger group enjoyed our second class. We hope to see more of you at our next class. Classes will be every Thursday from 6:00 p.m. until 7:00 p.m.

Come on out and join us! It feels good to shape up and have lots of fun while doing it. "and a 1 and a 2..."

Douglass-Harrison Apartments 'The Turnaround Begins'

We Haven't Been Owners Long...

In February it will be six months since New Community Corporation assumed the ownership and operations of Douglass-Harrison Apartments. Six months' ownership of a building that is 50 years old is a short period of time. As a matter of fact the building has been under our care for only **one percent** of its life since it was occupied in 1933!!

But Services Have Increased...

In our brief tenure we have begun to take the steps necessary to ensure that residents receive the services that are deserved. Security has been increased dramatically by adding guards to provide 24-hour coverage; the outside locks to the entrance doors have been changed; and the penthouse doors to the roofs have been secured in order to limit exterior access. We have increased the social service programs that are available, and have instituted an after-school program for the youth as well as a medical transportation program for senior citizens. Additional social service programs will be instituted in 1984.

Over the past 15 years, New Community has taken great pride in the care it has taken of the residents in its housing. Recognizing the problems created by the 50-year-old heating system at Douglass-Harrison, it has given priority to the temporary repair of its aging pipes and temperamental boiler (a humpty-dumpty type situation) while arrangements for permanent solutions are completed. We ask residents' patience as we try to keep the elderly heating system functional until it is replaced.

Life/Safety Improvements Will Be Installed...

During the first half of 1984 we will install a \$130,000 fire/smoke detection system. Douglass-Harrison has

754 Apartments within 48 separate entry ways over a two-square block area. This new system will enable the Fire Department to respond to requests in a quicker fashion.

And Major Capital Improvements Are Planned...

During our first six months of ownership we have completed engineering surveys of the heat and hot water systems, roofs and windows. These surveys showed a need to replace all the windows and to renovate the heating system and add a reserve boiler. We will also be added security cameras and renovating the community rooms. Using the information from this survey we have prepared cost estimates to apply for a rehabilitation loan in 1984 in order to provide **permanent** long term improvements to Douglass-Harrison.

We Will Try Our Best...

We have/will spend significant sums of money this year on Douglass-Harrison. We will do our best to maintain the residential profile and character of Douglass-Harrison, for the strength of Douglass-Harrison is its residents.

We do not intend to uproot that strength.

New Community is committed to Douglass-Harrison and to the people who call it "home."

N.C. Roseville Report

However joyous the holidays may have been...the entire community of Roseville was saddened by the untimely death of Mrs. Frances J. Pharms (Dec. 25, 1983). Frances, 47 years old, was a well known, actively involved member of our Roseville community. She always had a smile and a chuckle.

Frances served as an original member of N.C.C.'s Advisory Board representing Roseville. She also served as an excellent President for the recently established 1 So. 8th Street Club, moving up from the position of secretary, and also as treasurer, of N.C. Roseville's Good Neighbor Club.

We, along with many of you, will surely miss her presence.

Thanks to New Community Social Services, transportation was provided to and from the funeral service at Providence Missionary Baptist Church and following the service a coalition was held at N.C. Roseville's community room.

AT&T-Bell Updates Roseville

AT&T-Bell representatives visited N.C. Roseville January 23, 1984 to bring everyone up to date and inform us of the changeover, and the new services we will be receiving. Slides were shown, with questions answered following the presentation. Thanks, M.A.T.T.-Bell.

Thanks fellas! A job well done in clearing away the great amount of snow that fell during January's cold wave! Seniors and disabled alike can really appreciate the time and effort put into the task by NCC maintenance, so that NCC's grounds are safe.

R.S. Perkins



Auditorium at St. Rose of Lima took on fairyland appearance for New Year's Eve party, benefited by the imagination of Charles Ross. Decorations included use of real trees to create authentic wintery effect.

Workshops On Family Violence And The Adolescent Sexual Offender To Be Presented At New Community

On Thursday, March 1st and Friday, March 2nd the Institute Against Social Violence will present workshops on Family Violence and The Adolescent Sexual Offender. They will be held at New Community, 180 So. Orange Avenue, Newark.

These workshops are most helpful for people in the fields of probation and parole, law enforcement, mental health, social and protective services, teaching and guidance counseling as well as community based agencies.

The Family Violence program of March 1st will cover 1) violence as a social condition, 2) interviewing child victims, 3) incest and 4) abuse of the elderly, all of which are pressing current problems.

In its Friday, March 2nd program the Adolescent Sexual Offender will be discussed. There will be 1) an analysis of case studies 2) family systems counseling, 3) guidelines for assessment and 4) treatment options, in the material presented.

Sessions will run from 8:30 a.m. to 4:30 p.m. with a 1½ hour lunch break.

The workshops will include both lecture presentations and audio visual material.

The workshop directors come to the program well qualified.

Lynn Reynolds, Ph.D. worked for New York State Division for Youth for ten years, with court related adolescents and their families. She

teaches in Fordham University's Probation and Parole Studies Program as well as presenting training workshops on a national basis to criminal justice professionals. She has been interviewed on the topics of sex offenders and/or family violence on several metropolitan New York radio stations as well as Channel 9's television program: Straight Talk.

Gerald Shattuck, Ph.D. was Director of the Institute for Social Research at Fordham University and is currently Chairman of the Department of Sociology and Anthropology. He has worked with community based programs for several years and done extensive research in the area of criminal justice. He is currently writing a book on stress disorders.

The registration fee for each day's workshop is \$45.00 but if both are to be attended the fee is \$85.00. This includes a buffet lunch for which reservations must be made 48 hours in advance.

A tax deduction may be received for all expenses of continuing education including registrations, fees, travel, meals and lodging which are undertaken to maintain and improve professional skills, (Treasury Regulations 1b 2-5 Coughlin vs. Commissioner 203 F. 2d 307).

A certificate of completion will be provided for all participants.

For information call Gerald Shattuck at Fordham - (212) 579-2202.

Expanded Activities Planned For Seniors

In an effort to provide a wider variety of programs and activities in each of the senior buildings, meetings were held during January, with tenant representatives from each building.

The initial result was a list of suggested activities that the representatives felt would be interesting to the tenants. Some of these activities include a movie of the month in each building, bus trips, a morning coffee hour, "fan nights," consumer education and adult education programs, in addition to arts & crafts, exercise classes, etc.

The next step is to meet with all the tenants of each building, present the suggested plan and decide when the program will begin. It is hoped that all the buildings will have these programs in operation within the first two weeks of February.

Babyland I Happenings

Valentine's Day is here again and Valentine decorations made by the children can be seen all over the center of Babyland I. The children are very excited about this event, because they get a chance to show their love as well as their art creativity, by making cards for their parents and hearts made from playdough glued on cardboard as Valentine Day gifts.

Carol J. Leadbetter
Teacher
Babyland I

New Year's Eve Child Care Provided by Babyland For Parents

For 27 lucky youngsters Babyland III was the setting of a special party of their own to welcome the New Year.

Participants ranged in age from 2½ months to 12 years of age and were given warm loving care in a secure environment so parents could enjoy their New Year's activities knowing their children were safe and happy.

Parents helped to make the evening special by explaining the adventurous activities in advance to their children. Some had not enjoyed Babyland's accommodations before.

Boys and girls were welcomed and the littlest ones snuggled safely in the specially designed Babyland cribs. Older ones enjoyed snacks and games geared to their age level.

A small television set allowed some of the older children to stay up and "watch the ball drop" — although most did not make it that far.

The evening began at 8 p.m. with both male and female caregivers in attendance, and an adult to child ratio of 1 to 4. Rates were reasonable beginning with \$12.00 for one child, \$6.50 for the second and \$4.00 for the third.

Parents brought along familiar items for the children such as blankets, pajamas, Pampers, formula for infants and a change of clothing as well as food if desired.

Comfortable sleeping arrangements were made, and upon arising each of the children enjoyed a hot breakfast prepared by a special cook in our own kitchen.

At 10 a.m. the New Year's Eve Adventure came to an end as parents arrived to return them home.

For the parents of these 27 youngsters a safe and happy New Year began at Babyland.

A REFLECTION FROM DOUGLAS

Editor's Note: Although we do not print obituaries, the following story of love and concern and service for a fellow tenant seems to capture the spirit alive in so many of the New Community buildings. People do not live in isolation. They do for and love one another in a very special way.

Although the year started with God taking two of our beloved tenants from our midst, now there is a feeling of love, harmony and friendship that was not as prevalent before.

Mrs. Golden Johnson, grandmother of The Honorable Judge Golden Johnson, Past Chaplain of the Douglas Tenants Association and a diligent Garden Club member and worker, was taken from us early in January. On January 14th, we lost another beloved, Mrs. Lillie Mae Hall, a concerned individual, a floor captain and the first to keep the store of our concession.

The repast for Mrs. Hall was touched by love, friendship and togetherness. The floor captains Mabel Kearney, (Pres.), Elizabeth

Davis, Edith Lott, Helen Vaughn, Owen Futrell, Mae Byrd, Elizabeth Waller, Bernice West, Vinishia Holley, Mildred Francis, Yuler White, Cosey Harvey and Mattie Wilson did a beautiful job of preparing and serving.

The tenants sent covered dishes and baked goodies down. Charles Dupree a past resident (but still one of us) brought a covered dish. Plates were even sent up to our sick and shut-ins. After everyone had left and everything was cleaned up, the floor captains fellowshiped for an hour or so. It was really beautiful.

Had you been there you would have been touched by the atmosphere. Although God takes, he gives so much more back. He gave us the Love, and Harmony which I hope we can maintain for the rest of the year.

REMEMBER: We are all blessed, so let us count our blessings.

Much Love and Togetherness in the days to come.

Alma Hanks



FIRST ANNIVERSARY. Vice-president Margaret Phillips and President Ethel Clark, (center of photo) cut large decorated anniversary cake for the first anniversary of NC Manor Senior building on Orange St. as officers and committee members crowd around. A dinner was held with special guest Rev. William Linder, who greeted the tenants.

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At Your (Social) Service

by Gerry Gannon, Director of Social Services

Dr. Martin Luther King, Jr. Honored

Although the birthday of Dr. Martin Luther King, Jr. will not become an official national holiday until 1986, for years at New Community Dr. King has been honored on January 15th. This year was no exception. However, this year something very special happened.

It was the feeling of a number of tenants from the NC Gardens Senior that they wanted to do something out of the ordinary this year to honor the memory of Dr. King. In the past, movies of the life of Dr. King have been shown, speeches have been made and songs have been sung to honor this great American. The tenants felt however, that, since Dr. King's life was a life of giving, they wanted their efforts to have some tangible results. And so, they decided to hold a dinner dance and use proceeds to establish a scholarship fund for the youth of New Community in Dr. King's memory.

They worked long and hard to make

the affair a success. They shopped, they cooked, they decorated, and they arranged for a D.J. Their efforts met with great success. Not only did over 100 people attend the dinner dance but \$250.00 was raised with which to start the scholarship fund.

The evening began at 6 PM with the program chaired by Mrs. Mary Bell, the Mistress of Ceremony, Mrs. Edna Davis lead the opening song and Mrs. Ruth Watson gave the In-

vocation. Mr. Joe Chaneyfield, member of the Board of Directors, and Gerry Gannon, Director of Social Services both expressed their welcome. Mrs. Georgia Ransome, NCC Social Worker, then was called on to introduce Mrs. Mary Smith the Treasurer of New Community Corporation who gave the main address to the gathering. Following the address, Mrs. Edna Gillian presented a check representing the first contribu-

tion to the scholarship fund to Paul Reid, Jr., Coordinator of Youth Services for NCC. Father William Linder, Pastor of St. Rose of Lima Church gave the benediction and the program concluded with the singing of "We Shall Overcome."

It is our earnest hope that this undertaking on the part of the tenants of NCC Gardens Senior will serve as a "first" for the other complexes at New Community. We would encourage the other senior buildings to conduct one fund raising event each year to support the scholarship fund for NCC youth. It is something we feel that Dr. King would have vigorously supported. Thank you tenants of NCC Gardens for leading the way.

Alex Haley To Lecture At Kean College

In celebration of Black History Month, Alex Haley, noted author of "Roots" will give a formal lecture and meet and talk with members of the audience at Kean College.

Scheduled for February 22nd at 8:15 p.m. the lecture will take place in the college's Wilkins Theatre.

His appearance was arranged by the college's Townsend Lecture Series. Tickets are required but admission is free.

Call Wilkins Box Office (201) 527-2337 or Kean College Student Activities Office (201) 527-2044 for ticket information.



YOUTH SCHOLARSHIP. Mrs. Edna Gillian, of N C Gardens, presents a check for \$250 to Paul Reid, N C C Youth Coordinator, for the new youth fund of New Community. The check is from monies raised by the tenants at a dinner-dance in honor of Dr. Martin Luther King Jr.

Officers Elected At Commons Family

On Saturday, January 7th, New Community Commons Family held its first tenant meeting for 1984. During this meeting nominations and election of officers was held. The following people were elected officials for the New Community Commons Tenant Association:

Mrs. Roberta Singletary
45-14th Avenue -
President

Mrs. Dolores Collier
250 Hunterdon Street
Vice President

Mrs. Lydia Torres
31-14th Avenue -
Secretary

Mrs. Thelma Price
304 Morris Avenue -
Treasurer

Meetings are scheduled to be held every second Wednesday of each month at 6:30 p.m. in New Community Commons Pavillion, 298 Morris Avenue.

Come out and join us. It looks like '84 is going to be a very good year.
Georgia Ransome

Commons Seniors

The new year has arrived and with it has come new challenges for Commons Seniors: a determination to continue active programs and venture into new and more stimulating projects.

Ms. Marion Simpson, head of the floor captains, and her diligent helpers are at work daily checking the residents to make sure each household is O.K. Serving where needed is their goal.

Volunteers are giving of themselves to assist others less fortunate. Our thanks to those who transport neighbors in emergencies. Helping hands shop, cook and prepare food; there are many volunteers visiting the sick. Hostesses help with donations and serve families and friends during times of bereavement. There are those who care enough to keep the grounds clean. Flowers are a sign of love, life and beauty, and we give thanks to those in our building who care enough to share.

People helping and caring about people is Commons Seniors goal for 1984.

140 Club

Ms. Marion Simpson, president of the 140 Club wishes each resident and member a Happy New Year.

1983 was a year of membership growth and adventure. The club vacationed in Canada and sponsored several bus rides. The 140 Club hostesses and Birthday Club hostesses joined with volunteers to prepare and serve food to hundreds during the year and took dinners to shut-ins and handicapped residents.

On New Years, friends gathered in the community room to greet the year 1984. New ideas and suggestions are being considered for "Getting Away" this summer. The president extends a welcome to you to join the 140 Club. Meetings are held monthly on the first Monday at 6 P.M. in the community room. The club is saddened by the passing of Mr. Acie Carter, Chaplain.

140 Arts & Crafts

Arts and Crafts classes are held every Monday and Friday afternoon at 1 P.M. President, Ms. Julia James extends greetings for 1984 to each member and all residents. New craft items will be offered and new ideas welcomed. An art and craft sale will be held in the near future. There are many items to be made that will fill your afternoon with new experiences. Join your neighbors in the community room.

140 Chorus

Ms. Zera Brown, Director, extends greetings of the New Year to each member of the chorus. Music to delight the heart and lift the spirit is presented every Tuesday evening at 6:30 P.M. in the community room. Miss Brown will inform all tenants of their up-coming events. You are invited.

140 Sewing Club

Ms. Mamie Boddie, Director, wishes each member of the sewing class a happy and healthy New Year. Sewing classes are held weekly on Thursday afternoon at 1 P.M. in the community room. You may make a gar-

ment, repair or alter a garment, or join in quilt making or knitting or just take the afternoon to join with neighbors in a relaxing learning experience. All are welcomed.

Bingo

Bingo is held every Wednesday evening at 6:30 P.M. in the community room. All are invited to attend.

140 Garden Club

The 140 Garden Club is now starting. All persons who are interested in gardening please join with your neighbors and have a thriving garden this summer. A representative from Rutgers will continue to meet with the Garden Club every second Monday morning at 10:30 A.M. We will talk about tools we need soil, seeds, etc. Come; learn about gardening with us. Meetings are held every second Monday morning at 10:30 A.M.

140 Mens Club

A new club has been formed at Commons Seniors; "The Mens Club." I'm sure you have enjoyed your hot breakfast and delicious dinners during November and December. These treats were provided by the 140 Mens Club. The President is Mr. Ralph Simpson and the Treasurer, Mr. Barfield. Other officers will soon be announced.

The club will soon present to the building its first club gift. The NCC 15th Anniversary Club of 140 Ladies now join the men to present you with a variety of activities, especially weekend dinners. More of these projects will be forth coming.

Ruby Dawson

Babyland Nursery



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(3 Hours Minimum)
Ages 2½ Months to 12 Years

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FOR INFORMATION - 375-3143

Tips On Health

This section will be devoted to questions and answers on health. Please mail your questions to the New Community Clarion, 755 South Orange Avenue, Newark, New Jersey 07106.

Question: Your article on calcium was very informative. Please write about iron.

Answer: Everyone knows that an inadequate supply of iron results in anemia. However, not everyone knows that even with an adequate supply of iron, one can still have anemia. To understand this, we need a short course in physiology. I am not talking here about sickle cell anemia, cooley's anemia, pernicious anemia, etc. Rather, I am talking of the anemia caused by poor nutrition,



**Soledad Alston
R.N.
Pediatric
Nurse
Practitioner**

something which should not exist in a country such as ours where food is so abundant. But the unfortunate fact is that this form of anemia is very prevalent in both the young and old, the rich and the poor.

So, back to physiology.

Iron is one of the main elements needed in the production of hemoglobin. As everyone knows, hemoglobin is that part of the blood which carries oxygen to all parts of the body; without oxygen, nothing will function. So one can readily see why one must have hemoglobins. Now, by itself, iron cannot produce hemoglobins. Some of you might have heard it said that proteins are the building blocks of the body. This is indeed a fact which everyone should know. No cell in the body can be produced without proteins; therefore since hemoglobin is a cell, no hemoglobin can be produced without proteins. In addition to protein and iron, there are some vitamins and other minerals that are needed for the production of hemoglobin.

That's not all. To be of any use, the hemoglobin must be inside another cell called the red blood cell (rbc). Normally, a man has 4.9 to 5.5 million rbc's and a woman, 4.4 to 5.0 million. When these numbers are reduced, one has anemia. Now, the life span of normal rbc's is 120 days. This does not mean that all of these millions of rbc's are produced in one day and then die at the same time 120 days later. Some die every day, and so every day, they need to be replaced. In other words, production of rbc's goes on all the time. And again, like the hemoglobin, no rbc can be produced without proteins.

In addition to loss of rbc's by natural death, there is loss by bleeding, most commonly from surgical operations, child birth and menstruation. Excessive blood loss from major surgical operations and child birth is offset by blood transfusions and occurs not too frequently. However, with very few exceptions, every woman loses a considerable amount of blood through her monthly period, something which not too many women take seriously.

So what is the point in all this? First, one can swallow all the iron pills in the world and that would still not be a guarantee that one will not have anemia.

Secondly, the best way to prevent anemia is to eat right, meaning, a daily diet which will provide the required proteins, vitamins and iron and other minerals. Such a diet would include:

2 5-oz. servings of meat, fish or poultry

4 ½-cup servings of fruits and vegetables

One cup of beans, peas or nuts is about equivalent to one serving of meat while one egg is equivalent to one third of one serving of meat.

If one adds 2 servings of milk or milk products and 3 servings of cereal or bread, then that should take care of just about everything one needs.

Thirdly, because of regular blood loss through monthly periods, a woman is quite likely to develop anemia without proper attention to her diet. However, a diet like the above is quite sufficient to overcome this problem.

Your Feet After Fifty

As you approach the age of retirement give your feet consideration and enjoy a more comfortable, useful and longer span of life.

Circulation

The toes are the most distant part of the body from the heart. The arteries must carry the blood a great distance to supply the foot. To bring the "used" blood back to the heart nature has provided two sets of veins, complete with a complicated valve system. In advanced years many of these vessels may deteriorate, leading to circulatory troubles. By an early diagnosis your podiatrist can help prevent possible serious complications. Some of the common signs may be:

- Swelling of the feet and ankles.
- Cramps in the feet and the calf while walking or at night.
- Inability to keep the feet warm.
- Loss of the fat tissue on the padded surfaces of the feet.
- Chronic ulcers on the feet which fail to respond to treatment.
- Absence of, or bounding pulse in the arteries of the feet.
- Showing of arteries in the foot on routine x-ray.
- Burning in the soles of the feet.

Skin and Nails

At every age the skin is the first line of defense against infection. It is very important to guard this body covering, especially in the feet. As the foot circulation decreases various skin conditions sometimes appear. When our skin shows the effects of aging, and this often happens prematurely, self care either by cutting or use of advertised corn and callus cures can produce severe disablement, and occasionally loss of limb and life. The rate of growth and texture of our nails is altered, sometimes becoming paper-thin or occasionally thick and powdery. Your podiatrist is best qualified to treat and suggest measures to aid all these conditions.

Arthritis

Almost everyone approaching "3 score and 10" will complain of some general joint pain. After many years of constant walking on your feet, time, has naturally made many

changes. Nowhere in the body is there as much "wear and tear" (osteoarthritis) as is seen in the feet. This condition is not the popularly phrased "fallen arches" or "dropped metatarsal." With foot pain and its accompanying foot imbalance other



**Dr. Kenneth
Frank
Podiatrist**

symptoms usually appear in the ankles, legs, knees and lower back. Your foot doctor has many excellent methods of treatment to aid in controlling the discomfort of this painful ailment.

Don't Diagnose — Don't Suffer

Of all the health problems none has more "home cures" or "false claims for relief" than conditions of the human foot. For example:

Millions of metatarsal pads are used annually when the forefoot pain may be due to a circulatory problem, a nerve pressure, lack of fat padding, or a misalignment of bones.

Foot sufferers are constantly seeking the "correct" shoe when their foot discomfort may be caused by hammer toes, bunions, a spur or foot imbalance.

As the years progress tissue does not repair too quickly. A sprained ankle or stubbed toe is not a minor injury and should not wait weeks before it is diagnosed and treated by your podiatrist.

All skin eruptions are not "Athlete's Foot," yet many will use "over-the-counter" preparations, without results, before seeking correct diagnosis and proper treatment.

The list is long and the foot is a complicated and intricate structure. For many more years of foot comfort consult the best friend you feet can have — your podiatrist.

Medical Transportation To Be Provided By New Community

Beginning in January, NCC will provide its own medical transportation to the NCC Health Care Center.

The fee for the transportation is based on the rate scale approved by the Essex County Division of Welfare. Persons who are receiving Medicaid

or Supplemental Security Income (SSI) are eligible for this service at no charge. For others, an appropriate fee can be arranged.

For further information please contact NCC Social Service offices at 623-6114.

Education Workshop Cancer Detection and Prevention

On Wednesday, January 18, 1984, two (2) representatives from UMDNJ office of Preventive Medicine brought an information "mini" workshop to NCC Commons Senior, 140 So. Orange Ave. The topic for discussion was Cancer Detection and Prevention. Close to fifty (50) residents were in attendance.

Areas covered:

- I. (7) warning signals of Cancer.
 - change in bowel or bladder habits
 - a sore that does not heal
 - unusual bleeding or discharge
 - thickening or lump in breast or elsewhere
 - indigestion, or difficulty in

swallowing

- obvious change in wart or mole
 - nagging cough or hoarseness
- II. How to properly examine the breast.

III. Risk factors of rectal and colon cancer.

IV. Facts about uterine cancer.

V. Facts about lung cancer and ways of prevention.

A slide presentation was also provided.

The seniors raised many interesting questions, which were well addressed.

A similar workshop is being planned for the other NCC buildings.

Gloria Newsome

New Community Corporation MEDICAL TRANSPORTATION SERVICES

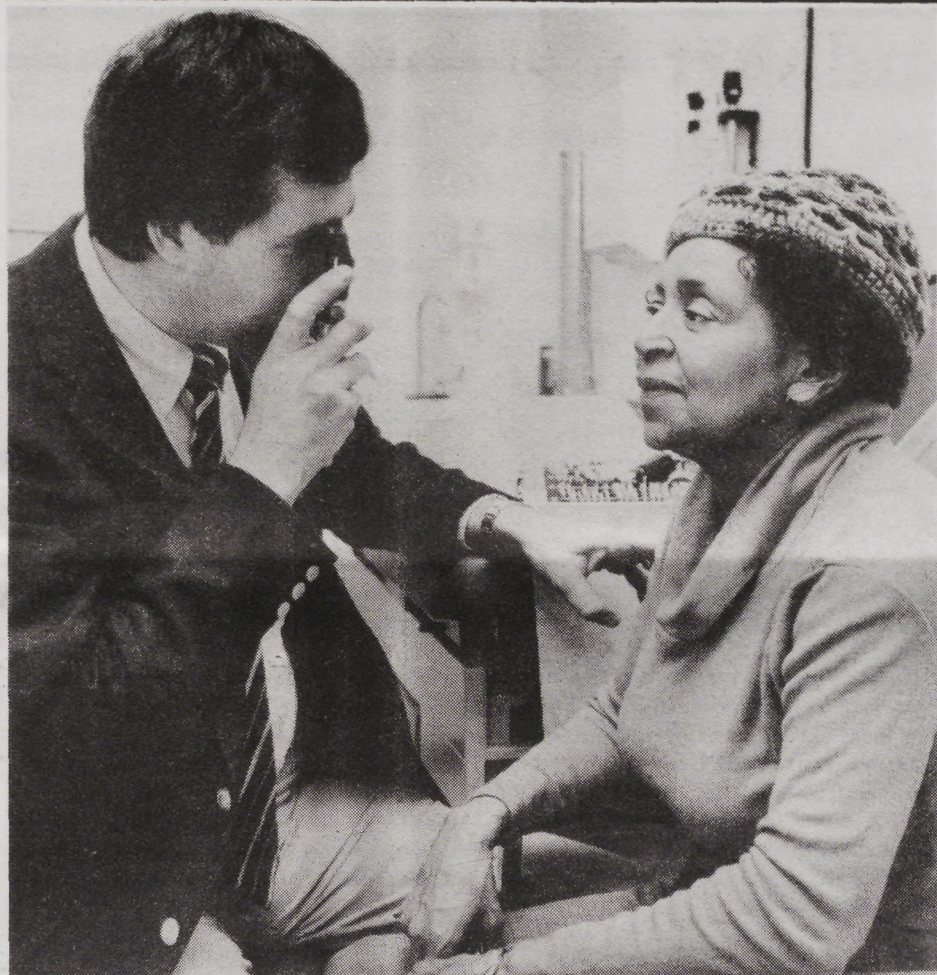
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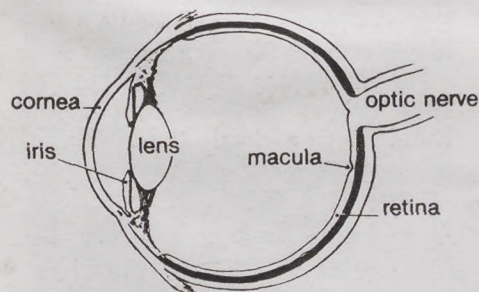
Phone: 623-6114



KEEPING AN EYE ON YOU. Dr. Herbert L. Glatt examines a patient at NCC Health Care Center.

Aging and Your Eyes

Poor eyesight is not inevitable with age. Some physical changes occur during the normal aging process that can cause a gradual decline in vision, but most older people maintain good eyesight into their 80's and beyond. Older people generally need brighter light for such tasks as reading, cooking, or driving a car. In



addition, incandescent light bulbs (regular household bulbs) are better than fluorescent lights (tubular overhead lights) for older eyes.

Certain eye disorders and diseases occur more frequently in old age, but a great deal can be done to prevent or correct these conditions. Here are some suggestions to help protect your eyes:

- Have regular health check-ups to detect such treatable diseases as high blood pressure and diabetes, both of which may cause eye problems.
- Have a complete eye examination every 2 or 3 years since many eye diseases have no early noticeable symptoms. The examination should include a vision (and glasses) evaluation, eye muscle check, check for glaucoma, and thorough internal and external eye health exams.
- Seek more frequent eye health care if you have diabetes or a fami-

ly history of eye disease. Make arrangements for care immediately if you experience signs such as loss or dimness in vision, eye pain, excessive discharge from the eye, double vision, or redness or swelling of the eye or eyelid.

Cataracts are cloudy or opaque areas in part or all of the transparent lens located inside the eye. Normally, the lens is clear and allows light to pass through. When a cataract forms, light cannot easily pass through the lens and this affects vision. Cataracts usually develop gradually, without pain, redness, or tearing in the eye. Some remain small and do not seriously affect vision. If a cataract becomes larger or denser, however, it can be surgically removed. Cataract surgery (in which the clouded lens is removed) is a safe procedure that is almost always successful. Cataract patients should discuss with their doctor the risks and benefits of this elective procedure. After surgery, vision is restored by using special eye glasses or contact lenses or by having an intraocular lens implant (a plastic lens that is implanted in the eye during surgery).

Glaucoma occurs when there is too much fluid pressure in the eye, causing internal eye damage and gradually destroying vision. The underlying cause of glaucoma is often not known, but with early diagnosis and treatment it can usually be controlled and blindness prevented. Treatment consists of special eyedrops, oral medications, laser treatments, or in some cases surgery. Glaucoma seldom produces early symptoms and usually there is no pain from increased pressure. For these reasons, it is important for eye specialists to test for the disease during routine eye examinations in those over 35.

Retinal disorders are the leading cause of blindness in the United States. The retina is a thin lining on the back of the eye made up of nerves

Herbert L. Glatt, M.D. is a recent graduate of the University of Medicine & Dentistry of New Jersey - Eye Residency Program. He served as chief medical and surgical resident in the Department of Ophthalmology from 1982-1983. He sub-specializes in cataract implant surgery and the medical and laser treatments of Glaucoma. As staff Ophthalmologist for New Community he will be performing general eye examinations as well as emergency eye care. Dr. Glatt is on the teaching staff of the United Hospitals Medical Center of New Jersey and maintains a private practice in Bloomfield, N.J.

that receive visual images and pass them on to the brain. Retinal disorders include senile macular degeneration, diabetic retinopathy, and retinal detachment.

- Senile macular degeneration is a condition in which the macula (a specialized part of the retina responsible for sharp central and reading vision) loses its ability to

function efficiently. The first signs may include blurring of reading matter, distortion or loss of central vision (for example, a dark spot in the center of the field of vision), and distortion in vertical lines. Early detection of macular degeneration is important since some cases may be treated successfully with laser treatments.

- Diabetes retinopathy, one of the possible complications of diabetes, occurs when small blood vessels that nourish the retina fail to do so properly. In the early stages of the condition, the blood vessels may leak fluid, which distorts vision. In the later stages, new vessels may grow and release blood into the center of the eye, resulting in serious loss of vision.

- Retina detachment is a separation between the inner and outer layers of the retina. Detached retinas can usually be surgically re-attached with good or partial restoration of vision. New surgical and laser treatments are being used today with increasing success.



NCC HEALTH CARE QUESTIONNAIRE

All readers are asked for input. Please check type of residence you live in.

- ☐ Family complex ☐ Senior building

The medical staff has expanded their services at the New Community Health Care Center to include pediatrics and health care for the entire family.

Would you consider:

- bringing your child for medical services?
Yes _____ No _____
- attending the health center for your own medical care?
Yes _____ No _____
- encouraging other family members to attend?
Yes _____ No _____

Do you have a private physician? Yes _____ No _____

Does your child have a private physician? Yes _____ No _____

How many times a year does your child go to the doctor?

1-4 times _____ over 4 times _____

How many times a year do you go to the doctor?

1-4 times _____ over 4 times _____

Total number of children in your family? _____

Number under 12 years _____ over 12 years _____

Which of the following immunizations or screenings has your child had completed?

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Tuberculosis | <input type="checkbox"/> Dental |
| <input type="checkbox"/> Sickle Cell | <input type="checkbox"/> Hearing |
| <input type="checkbox"/> Lead Poisoning | <input type="checkbox"/> Vision |

Are you currently enrolled in the Women/Infant/Children (WIC) Program?
Yes _____ No _____

As a parent, which of the following topics would be of interest to you if information is made available through the Health Center:

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> V.D. |
| <input type="checkbox"/> Substance Abuse | <input type="checkbox"/> Rape |
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Accidents |
| <input type="checkbox"/> Parenting Skills | <input type="checkbox"/> Suicide |
| <input type="checkbox"/> Stress Management | <input type="checkbox"/> Other |

Which of the following hours would be best for you and for your child to attend the health center?

- | | |
|---|---|
| <input type="checkbox"/> 4:00-5:00 p.m. daily | <input type="checkbox"/> 4:00-7:00 p.m. once per week |
| <input type="checkbox"/> 5:00-6:00 p.m. daily | <input type="checkbox"/> 4:30-7:30 p.m. once per week |

Saturdays 9:00 a.m.-12:00 p.m. _____

Other Comments? _____

Please cut out and return to Social Service Office, 220 Bruce Street.

Culture and Art

NEWARK MUSEUM EXHIBITIONS & EVENTS

KIDSTUFF

Hello Japan

Young visitors to the *Hello Japan* exhibit can wear a kimono, learn to use chopsticks, count on an abacus, create a carp kite or make "origami" paper animals. Discovery Center workshops are guided by a museum educator. *Wednesdays, Thursdays and Fridays, 3-4:30 p.m.; Saturdays and Sundays, 2:00-4:00 p.m. Each session is a half-hour and free tickets can be picked up at the Junior Desk.*

Celebrate Your Child's Birthday

The Education Department is now offering special birthday programs for kids with a festive Japanese theme and decorations. Each group of partygoers will have a private tour of *Hello Japan*, our "please touch" Junior Museum exhibition. Young guests will try on kimonos and sit at a low table while enjoying cake and refreshments. Japanese party favors for all can be taken home as a remembrance of the event. Reservations for groups of ten or more can be made by calling the Education Office at (201) 733-6610. The cost is \$4 per child.

February Workshops

Half-hour art classes for kids ages 3 and up will be offered by the Junior Museum in conjunction with the exhibition of *Black Photographers*. *Saturday, February 25, 2-4 p.m. Junior Museum.*

Attention Educators & Community Groups

Special one-hour tours of *Black Wings* and *A Century of Black Photographers*, emphasizing historical development and significance, are available for groups by calling the Education Office, (201) 733-6610.

Youth Program Committee To Hold Dance

The Committee for Youth Programs will be launching its second fund raiser for these programs soon. If you supported our September 30th affair we appreciate your patronage and we're sure you had a great time. However, those that did not make our first dance are getting a second chance. Don't miss it.

On Saturday, February 18, 1984 there will be an **Oldies but Goodies** at St. Rose of Lima Auditorium from 9:00 p.m. til 3:00 a.m. featuring the best in old records and dances. The donation for admission is \$5.00. Come out and join us and bring a friend. You'll be glad you did.

Up and coming from the Committee for Youth Programs:

February 18, 1984 - Oldies But Goodies

March 11, 1984 - Bus Ride to Atlantic City

April 1984 - Save your money for a shopping spree to Reading, Pennsylvania, to all the clothing and shoe outlets.

Career Day

This special program, geared for students and their families, will provide an opportunity to hear representatives of commercial airlines, general aviation, air cargo companies, training programs and the field of avionics. Meet and talk with pilots, flight attendants, ground crew personnel, engineers and aerospace specialists.

Saturday, February 11, 2-4:00 p.m.

Who's Afraid of Computers?

Not us! Take the Museum's microcomputer workshop, offered in the Science Department on the third floor each Sunday during January and February. Each session will accommodate up to 12 people at six microcomputers and will last about 45 minutes, providing an introduction to basic computer interactions. *Saturdays, February 5, 12, 19 & 26, 1:00, 2:00 & 3:00 p.m. Free tickets available on day of session only at Junior Checking Desk, first floor.*

PLANETARIUM

All Systems Go! examines the first 25 years of American involvement in space and highlights the first moon walk and the flights of Skylab and the Space Shuttle. The show also discusses spin-offs from NASA research projects which have benefited mankind in the fields of electronics, computer technology and microsurgery.

Saturdays and Sundays at 2:00 and 3:00 p.m. and Wednesdays at 3:00 p.m. Children under 7 not admitted. Planetarium admission 75¢

Siesta: A Concert Under The Stars, relax and listen to music of the great composers.

Wednesdays at 12:15. Children under 7 not admitted. Planetarium admission 75¢

"Talking Books" Introduced At Newark Public Library

"Talking Books," a service which consists of books recorded on cassettes and records, is now available at the Newark Public Library through the New Jersey Library for the Blind and Handicapped. The Service Center for the Talking Book Program is located in the Education Division, on the third floor of the main library.

Equipment to play these cassettes and records will be lent by the Newark Public Library to Newark area residents, employees of Newark

businesses, and students attending schools in Newark. The service is provided **FREE** of charge to interested persons, or their representatives (register at the Service Center).

There is also a collection of Large Print books available to borrow for those who have Newark Public Library cards or CECLS cards.

The Newark Public Library is located at 5 Washington Street in Newark. For more information, call (201) 733-7800.

Cold Weather Brings Outdoor Ice Skating

As temperatures drop, many outdoor ponds become recreation centers for local ice skaters. To find out which Essex County park ponds are open for skating, call the Essex County Department of Parks, Recreation and Cultural Affairs at 482-6400, between 8:30 a.m. and 4:30 p.m. Monday through Friday.

Essex Park Superintendent Al Porcello reported that the ponds in Brookdale Park, Montclair/Bloomfield, and Grover Cleveland Park in Caldwell are open and safe for skating. Should temperatures rise above the freezing level; Porcello recommends calling the parks department to determine safety.

Cherry Blossom Run '84

Plans (and feet) are in motion for the fourth annual Cherry Blossom Run through Branch Brook Park on Sunday, April 29, 1984.

The Essex County Department of Parks, Recreation and Cultural Affairs is plotting the 10 kilometer course, recruiting sponsors and lining up prizes. And throughout the metropolitan area, runners are bending, stretching and otherwise training for one of the first (and biggest) spring racing events in the area.

"Last year, we had excellent weather, terrific prizes and more than 1400 registered runners," said William C. Scalzo, director of the Essex County Department of Parks, Recreation and Cultural Affairs. "This April 29, I can guarantee to exceed at least two of those factors!"

To help prepare runners for the spring race, the county is sponsoring a Runner's Clinic on Monday, April 2 at 7:30 p.m. Co-sponsored with the South Orange Recreation Department, the clinic will be held at the Baird Community Center, 5 Mead Street in South Orange.

The clinic will feature training information by Jill Quigley of Verona, a 1984 Olympic trial qualifier. Clothing and shoes will be explained by Dean Shonts, coach of two national collegiate championship teams. Running injuries will be covered by Jim Nugent, who is completing his doctorate in podiatric medicine at the University of Pennsylvania. Pre-registration is \$3 and \$5 at the door.

For an application to either the 1984 Cherry Blossom Run or the Runner's Clinic, call 482-6400.



5th ANNIVERSARY. Members of the 180 Inspirational Gospel Chorus pose for photo just before recent program celebrating their 5th anniversary. President Bertha Whatley expressed heartfelt thanks to all who have given their support in the past years. Officers for the year are, President Bertha Whatley, Vice-president Ethel Cummings, Correspondence Secretary Lucy Cobell, Financial Secretary Phyllis Burton, Business Manager Ellen Watson and Chaplain Estelle Lang.

Firm But Loving The Difference is Respect

Authoritarianism is defined as the exercise of power without warmth, encouragement or explanation. *Permissiveness* offers children warmth, encouragement and support as they need it but may be seen as an abdication of power.

Instead of the above mentioned extremes, *young children* need adults who are *authoritative*. These adults exercise their power over the lives of children *with* warmth, support encouragement and adequate explanations. They treat children with respect by treating the latter's opinions, feelings, wishes and ideas as valid. It has been said that to respect people we agree with is no great problem; respecting those whose ideas, wishes and feelings are different from ours may be a mark of wisdom in parents and genuine professionalism in teachers.

Remember, the *combination* of power and warmth implied in *authoritativeness* is helpful for children throughout their youth. Have you ever heard the so-called "problem teenager" say "They don't respect me?" Think about it.

Sister Marie Infanta Gonzales, OSP
Education Consultant

Health Care Center Adds Two Medical Assistants

Beverly Bradley and Phyllis Moore are quite familiar with Newark as they were born here. Now as adults they are still here, assisting doctors at the NCC Health Care Center.

Beverly graduated from Newton Street School and later from Central High School. After a semester at Essex County College studying early childhood education she decided to look into the Bryman School in East Brunswick, New Jersey where she could train to be a medical assistant. She has always enjoyed helping people, especially when they're sick. Since her graduation in January her work at NCC Health Care Center has allowed her to do just that.

Beverly lives in NCC housing with



TO BETTER SERVE YOU. Sr. Marie Infanta Gonzales (center of photo) heads up inservice training session for Babyland staff. Seated from left to right, Ruth Nash, Debra Works, Ruth Darlington, Sister Marie, Olivia Minor, Helen Garner and Linda Brantley.



her two daughters, Samara 7 and Tiffany 2.

Phyllis moved to Linden and then Bloomfield at an early age but later returned to Newark, graduating from Barringer High School in June 1975.

Her jobs as home health aide and nurses aide led her to become a telemetry technician in a cardiac care unit at a local hospital.

She later decided to transfer her abilities to the field of medical assistant and completed her studies at the Bryman School in January 1984.

Since that time her efforts have benefited the NCC Health Care Center where she cheerfully greets patients and assists in their care.

We wish our two medical assistants well in their new positions.



MEDICAL ASSISTANTS. Helping to make your Health Care Center visit more enjoyable are medical assistants Beverly Bradley and Phyllis Moore. Their efficient manner and quiet smiles brighten up the center.

Babyland III

During the month of January, Sister Marie Infanta Gonzales began inservice training to staff members of Babyland III.

She spoke about Dramatic Play at a recent session and its relation to the 'housekeeping corner' set up in Babyland. Special emphasis was given to its value in the social, intellectual and emotional development of the child.

Dramatic play is the very heart of the free play period. Areas provided for it should contain household equipment, and other materials and equipment depending on the interest of the children.

The most common sort of dramatic play is *Simple Housekeeping*. It is fascinating to girls and boys alike. They play out what they see happen-

ing around them and express some of their feelings about it. We see and hear children's emergence as individuals with a growing understanding of themselves, of other people, and of important life experiences. This emphasizes how crucial it is that we have dramatic play and how necessary it is to have sufficient time, space, and privacy for this play as part of the daily program.

Sister emphasized that the teacher should not take a passive role during this period but should be actively involved during this activity.

The inservice training has been of great value to us all and we are looking forward to more sessions in the future.

Ruth Darlington
Teacher, Babyland III

Spring Festival At St. Rose of Lima April 28th

A sure sign spring is on its way is the excitement surrounding plans for the annual festival held by the Friends of St. Rose, proceeds of which benefit St. Rose of Lima School.

It is the single most important fund raising event of the year for the school.

The date this year is Saturday, April 28th and prizes have already been selected for the evening's grand drawing:

First Prize - \$2,895.00 value
a Hitachi 45" rear projection T.V.
Second Prize - \$750.00 value
a Hitachie VHS Model VT33 video
recorder/player

Third Prize - \$300.00
food certificate good at any
Pathmark store

We'll keep our readers posted on the event as it approaches, but mark the date on your calendar now so you don't miss a truly enjoyable evening.

FRIENDS OF
ST. ROSE OF LIMA

PRIZES
FUN



CHINESE AUCTION

SATURDAY EVENING, APRIL 28, 1984

7 O'Clock to Midnight

ROSELLE CATHOLIC H. S. AUDITORIUM

Buffet Supper — Dancing

Proceeds benefit St. Rose of Lima School

Apples Are In Season At St. Rose School

Computers Stir Much Excitement



EYES ARE ON THE APPLE. New Apple computers are the center of attention for St. Rose of Lima students Tonya Wilson and Rodney Reese as teacher Gabriel Musilu instructs them on their proper use. Looking on is school secretary Cheri Phillips.

Prepare Today For Tomorrow

The New Jersey Department of Civil Service monthly issues a pamphlet entitled **JOB OPPORTUNITIES** in which are listed announcements for jobs in state, county, and local government. Under each job is listed the 'requirements.' Frequently a job-seeker wants a certain job and feels that he can perform its tasks, but he is excluded from even filing for the test because he did not prepare himself and he did not fulfill the necessary requirements. He can, however, prepare himself for a job in the future by reading and studying needed information. This is up to him.

Automation is swiftly replacing manual effort. Scientific and technical knowledge has expanded; industry and business organizations have become more complex. There is an increasing need for more and better information as business and industry continue to automate processes once done by hand. Soon thousands of jobs will become available. The time to prepare for them is now.

Remember the story about the fun-loving animals of the forest who, in the summer time, ate all of their food, saving none for the winter, while the forward-looking squirrel, during the summer, prepared for the winter by storing away some of his food. When winter came, and snow covered the ground, the pleasure-seeking animals had nothing to eat, while the industrious squirrel had a sufficient supply of food to carry him through the winter.

It behooves young people to take a serious look at the job market to see: what and where the jobs are; what the training and preparation re-

quirements are; and where qualification can be accomplished. The genesis of this fiduciary approach is in the home. Parents must first prepare their children to learn. This preparation covers motivation, discipline, and guidance. The parent is the child's first teacher, first personal guidance counselor, and first social service worker. The parent cannot consign these genotypical responsibilities but must assume them himself. Where the home fails in its duties, the youth faces the future with an initial handicap and may never catch up. There are so many uncontrollable variables in homes that solution does not lend itself to simplification. The aberrant parent is a decided component in the structure of the youth's future, and society, at some point, must address itself to that fact.

There is a poem about an old man building a bridge across a chasm, when a traveler reproachingly said to him: "old man, why are you building this bridge? You may never pass this way again."

"I am building this bridge," replied the old man, "for youth who may use this bridge to cross safely over the chasm tomorrow." For youth to prepare today for tomorrow, this is what parents must do for them. Parents must build the bridge of example, encouragement and genuine love.

There will be no successful tomorrow for youth until first the parent prepares today.

Lewis Graves
Springfield Branch
Newark Public Library

Rodney Reese and Arthur Gilmore, need no longer inquire, "Have the computers arrived yet, Mr. Wilson?" These two youngsters in grades six and seven respectively, have been most persistent since September in ascertaining the exact date that the Apple computers will invade St. Rose of Lima School. At long last, Rodney and Arthur, they have arrived, and are fully operational.

Recently, St. Rose of Lima School acquired two Apple 11e computers complete with disk drives and a dot matrix impact printer. The printer will allow for a new dimension of versatility as children retrieve their work on a print out to take home.

The computer program at St. Rose of Lima School is presently in its infancy stage and promises to offer new challenges for both teachers and students. On January 12, the computers were installed in the Learning Laboratory. Even before inservice training was given to the faculty, some students from grades six, seven, and eight were assisting the installer and testing their familiarity with the Apple 11e computer with much enthusiasm.

Each faculty member will spend a private session with the computer to get acquainted with the operation of the device before officially implementing a program with their students. The computer is designed to handle several computer languages but primarily the students will be instructed in the use of Logo and Basic for our educational purposes. In addition, a language program has been purchased for word processing skills. Such a program will allow students to write, proofread and correct as well as store their compositions before they are printed for submission. A more advanced use of computer programming will be introduced as familiarity with the computer increases.

Mrs. Cheri Phillips, our school secretary who is presently attending the Cittone Institute of Programming, is most helpful. "I can program several school records and make them

readily available to me with a simple touch command. The key, of course, in programming a computer is that it will give you whatever data you need quickly. In no time at all my beautiful typewriter and school files could become obsolete."

To reap the maximum productivity from the availability of the computers, inservice sessions are being organized by James Rohrman of New Community Corporation during off school hours, for adults.

Modern trends in education rely more and more on the use of the computer as a vehicle for learning. One may attest to the reality that computers are keys to the future just as the invention of the telephone revolutionized the ways in which we communicate.

Colleges and universities have long seen the need to prepare today's youth in the use of the computer, as the challenge of modern technology dictate demands never before realized by man. Later, that responsibility was passed to our secondary schools (high schools). Today we find computer programs commonplace in our elementary classrooms across the nation.

Several years ago, it was not uncommon to hear the question "Will man be replaced by a computer?" voiced by blue collar workers in our factories. Teachers felt secure in their positions, because the thought of a machine being both an instructor and disciplinarian was unheard of, unthinkable. Now, that view has changed somewhat. But educators need not fear. Rather, it can be welcomed as an essential tool, under their guidance, for effective instruction. Reading becomes mathematics and vice versa. Problem solving with the computer becomes an art unto itself, and students find that fascinating. By using the computer properly a child becomes teacher and pupil at the same time, while learning the meaning of patience through discipline and self-determination.

Arthur Wilson
Principal



180 BED HEALTH CARE FACILITY. Discussing plans for the New Community Extended Health Care Facility are Alfred Faiella, executive director of Newark Economic Development Corp., Arthur Wilson, president of New Community Corporation and Matthew A. Reilly, director of development of NCC. Construction will begin in March of this year.